



**SPORTS**  
**Tribe Football Preview**  
The College returns with a new quarterback and a solid defensive line.  
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**VARIETY**  
**Drops of Rain**  
Despite a gray sky, hundreds flocked to Matoaka to enjoy Richmond's Carbon Leaf.  
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**VARIETY**  
**Pumping Iron**  
A guide to being up in the Rec, workin' on your fitness and a preview of the Body Pump class.  
**SEE PAGE 5**



# The Flat Hat

The twice-weekly student newspaper of the College of William and Mary — Est. 1911

VOL.99, NO.3

TUESDAY, SEPTEMBER 1, 2009

FLATHATNEWS.COM

## ThePulse

Bite-size news you can use

### It was nice while it lasted.

A group of 12,937 people in Mexico City claim to have broken the 'Thriller' dance record, which 242 students here broke in April. Guinness has to confirm that all of the participants performed the entire dance, so the College still holds the title for now.

### Two 21-year-olds have

been charged by police with spray-painting "KKK" on signs around Williamsburg and York County. Kameron S. Harwood and Steven J. Curry were arrested yesterday. It's not a hate crime, police say, because no group was targeted.

### Carbon Leaf enjoyed its

Friday performance on campus, according to the band's Twitter: "William and Mary show rocked last nite, absolute downpour on Lake Matoaka and EVERYONE STAYED. nice."

### "Big Fan," starring Patton

Oswalt '91, has received good reviews, including a Critics' Choice in The New York Times, a 'B+' from The Onion (A.V. Club) and a 'B-' from the Christian Science Monitor. The New York Daily News, however, gave it two stars.

### U.S. Representative Rob

Wittman, a Republican whose district includes Williamsburg, held a town hall meeting last night to discuss — what else? — health care at Christopher Newport University in Newport News. He patted the half-foot-thick House Bill 3200, proposed by Democrats, and said he opposes quick government action on health care. And yes, a birther did manage to question President Barack Obama's citizenship.

Got an idea for The Pulse?  
wmpulse@gmail.com

## Online

@flathatnews.com

### Tube Talk

#### Greek: The day after the end of the world



The Flat Hat's TV blog is back just in time for the fall season. Summer Finck has a review of the season premiere of "Greek," everyone's favorite not-very-realistic show about fraternities and sororities.

flathatnews.com/tubetalk

### Bite-Size

#### Braising 101

Food blogger Nicole Oderisi is here to share food news and reviews for the dorm chef. This week she shares tips on braising and her recipes for braised chicken and sour cream cheddar mashed potatoes.

flathatnews.com/bitesize

## Student voter registration standardized

*Statute to have little effect on Williamsburg*

By BERTEL KING, Jr.  
Flat Hat Assoc. News Editor

The State Board of Elections approved changes to a state statute Saturday that gives students the right to register to vote at their campus address.

The updated statute considers a person's primary home to be the physical location where they live and what they consider to be "the center of his domestic, social and civil life." It was approved unanimously by the three-member board after a two-day meeting at the capital.

"Since I have been here, I have not heard of any students being barred from voting in Williamsburg if they wanted to," Student Assembly Secretary of Public Affairs David Witkowsky '11 said. "However, I am hopeful that the more explicit language will encourage more out-of-state students to feel comfortable participating in local elections during their time here at the College."



Sowder

The previous status was considered vague on many issues, and was left open to interpretation for each registrar. At Virginia Tech, where then-candidate Barack Obama was holding a voter drive, the local registrar incorrectly warned students that a change in residency could have severe consequences for their taxes and scholarships. The new statute uses explicit language that aims to prevent this sort of situation from happening again.

This weekend's vote marks an end to a process that began this spring, when the General Assembly passed legislation requiring the board to create uniform regulations for determining a voter's residence.

"For William and Mary students nothing

See ELECTIONS page 3

### TRIBE SPIRIT SHINES THROUGH THE RAIN



SUN PARK — THE FLAT HAT

Freshmen make their way through the Wren Building and into a crowd of cheering upperclassmen as they are welcomed as members of the William and Mary community. Even though the day was marked with heavy rains, students still turned out in full for the event.

## City's new noise and nuisance ordinance takes effect

*Some City Council members voice concern about proper enforcement of the law*

By ALEX GUILLÉN  
Flat Hat Online Editor

The City of Williamsburg passed new noise and nuisance laws this summer, expanding liability for nuisance violators and instituting a complex noise ordinance.

The changes were prompted by a General Assembly bill that allows Virginia localities to require property owners to remove graffiti in a timely manner.

The Williamsburg City Council passed the new nuisance ordinance, which restricts littering, graffiti and other annoyances, at its July meeting. The new law extends liability for violations beyond that of occupants to include property owners and their agents and representatives. It also requires property owners to remove graffiti within 15 days and expands the definition of public nuisance.

Furthermore, punishment for violators was upped from a class three misdemeanor to a class one misdemeanor.

"That doesn't mean that the court is bound to mete out class one punishment," City Attorney Joe Phillips said at the July City Council meeting, "but it can go that high, i.e. a \$1,500 fine and a year in jail."

The city's new noise law stems from an April Virginia Supreme Court decision, which struck down Virginia Beach's similar noise law, disturbing to a "reasonable person," as too vague.

Since the April court ruling, Virginia

Beach has restricted noise in neighborhoods to 55 decibels, about as loud as a dishwasher and five decibels softer than normal conversation, outside a house after 10 p.m.

Williamsburg's new noise law differs from Virginia Beach's new ordinance. Instead, the city's new law specifies 11 situations that Phillips said account for almost every noise complaint.

### QUIET HOURS

A few of the 11 violations specified in Williamsburg's new noise and nuisance ordinance

**Situation 1:** Televisions, radios and musical instruments that are audible across property lines.

**Situation 3:** Horns or whistles used at any time.

**Situation 6:** Yelling or shouting between 11 p.m. and 7 a.m.

**Situation 8:** Gatherings of 10 or more people lasting 30 or more minutes that are not contained inside and are audible across property lines.

**Catch-all limit:** In residential areas, noise is limited to 65 decibels from 7 a.m. to 11 p.m. and 55 decibels from 11 p.m. to 7 a.m. Normal conversation is about 60 decibels.

ward Schneider issued summonses to the students living at 219 Harrison Ave. for being in violation of the noise ordinance at 1:04 a.m. on Monday Aug. 24.

The ordinance went into effect Sunday, Aug. 23. The residents of 219 Harrison Ave. said they notified the neighbors immediately surrounding of their house of plans to have a party.

According to the residents, none of their neighbors had expressed opposition to the party.

The police, however, received a complaint from a resident who lived several houses down the block.

The complainant allegedly came to 219 Harrison Ave. after the police arrived and repeatedly refused to cooperate with the students in finding a solution to the problem.

All three students are 21 years old and will appear in the Williamsburg-James City County General District Court on Sept. 11.

Five days after the Aug. 24 citation, the residents said they had a smaller gathering at their home.

The students said several of them investigated the street at 11:55 p.m. to ensure that little noise from the gathering could be heard outside. Ten minutes later, the residents said that a Williamsburg police officer had been called to the scene.

The residents received another summons for a noise ordinance violation. The incident report cites that the violation was filed at 12:04 a.m.

Aside from providing reports of the incident, the Williamsburg Police Department refused to comment about the noise violations.

*Violation reported to city police one day after law's adoption*

By MAGGIE REEB  
Flat Hat News Editor

Three College of William and Mary students were cited for violating the City of Williamsburg's new noise ordinance within 24 hours of it going into effect.

Williamsburg Police Sergeant Ed-

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See ORDINANCE page 3



# NEWS INSIGHT

## The Flat Hat

‘Stabilitas et Fides’

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### Corrections

In Thursday’s edition, the article entitled “College’s new Alan B. Miller H-hall opens for business” stated that the Boehly Café sells Starbucks Coffee. The café does not serve Starbucks Coffee; it serves Java City coffee. The article also stated that the new hall is 160,000 square feet. The building is actually 166,000 square feet.

The Flat Hat wishes to correct any facts printed incorrectly. Corrections may be submitted by e-mail to the section editor where the incorrect information was printed. Requests for corrections will be accepted at any time.

### Weather

Tuesday



High 75°  
Low 66°

Wednesday



High 80°  
Low 67°

Thursday



High 82°  
Low 68°

Source: weather.com

### News in Brief

#### College to test emergency warning system

The College of William and Mary emergency warning and mass notification system will be tested Wednesday, Sept. 2. The mass notification system alerts individuals by making calls to land lines and cell phones and through text messaging and e-mail. The system is designed to reach every individual though at least one medium of communication.

The College’s emergency notification systems are tested at the beginning of each semester to ensure that each member of the community is familiar with them.

#### Faculty art featured at the Muscarelle

The 11th Faculty Art Show will be presented by the Muscarelle Museum of Art from Sept. 5 to Oct. 25.

The art show, a collaboration between the art and art history departments and the Muscarelle, features works on paper and canvasses, as well as sculptures. Since 1985, the Muscarelle has invited studio art faculty members to exhibit works every two to five years. The last show was held in 2007.

#### W&M reduces carbon emissions by 16 percent

The College has reduced its carbon emissions by 16 percent per square foot of building space since 2002, according to the College’s first greenhouse gas inventory.

The inventory, compiled by Environmental Science and Policy Program Director and biology professor John Swaddle and Lauren Edmonds ’11, released details regarding possible ways for the college to improve. Improved efficiency in the on-campus power plant contributed most to the reduction, according to the study.

“The greatest improvements that have been achieved in the reduction of greenhouse gas emissions are due to the investments for utility infrastructure,” Campus Energy Manager Dan Patterson said. “The reduction averages to a 2.5 percent decrease in carbon emissions per member of the College community.”

— by Mason Watson

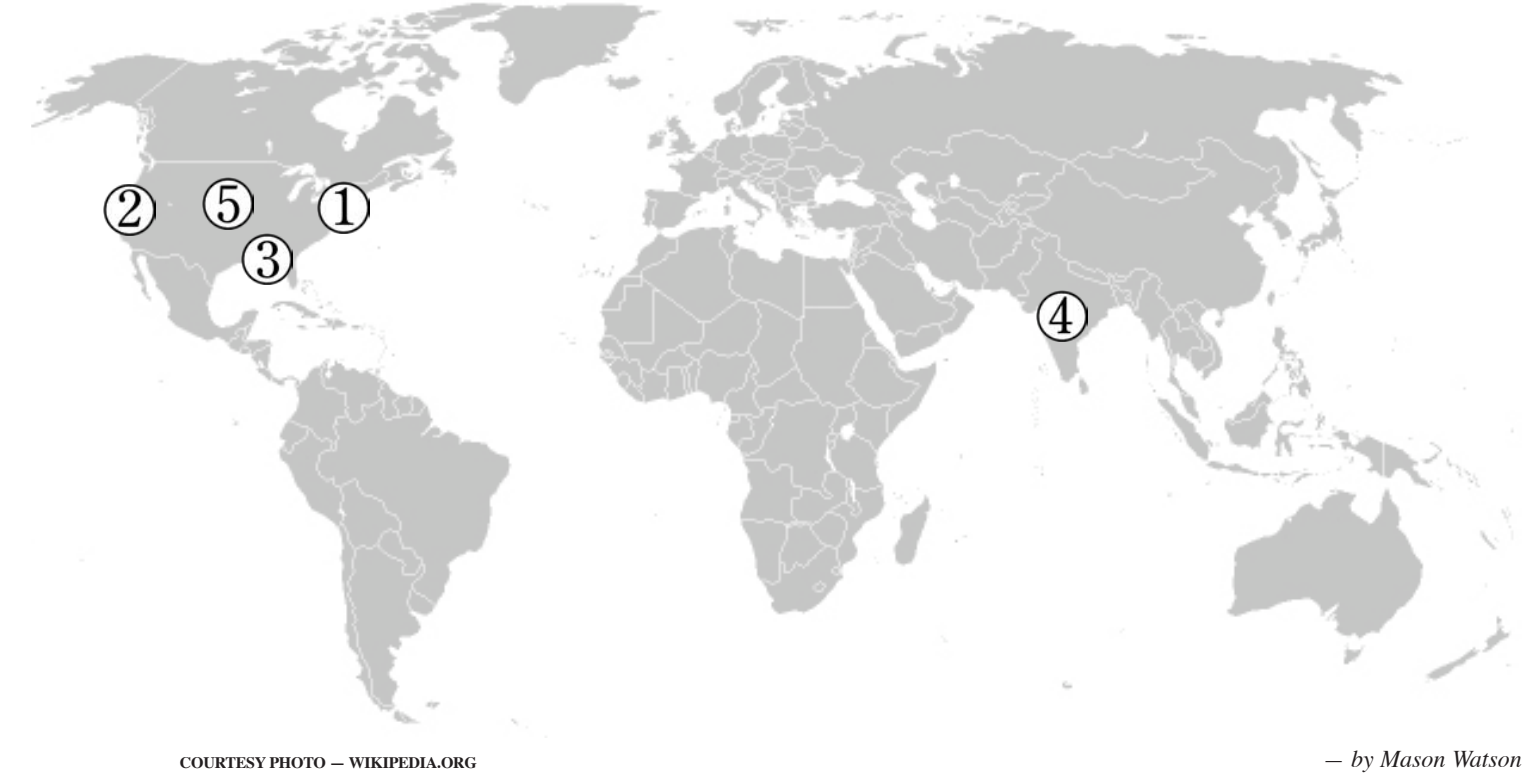
### BEYOND THE ‘BURG

1 The nationwide average SAT score declined again this year. According to results released last Thursday, the high school class of 2009 earned an average combined score of 1509 across the three sections of the exam, which marks a two-point decrease from the previous year. CollegeBoard, which manages the SAT, blames the drop in scores on the growing number of students taking the test each year.

2 University of California system President Mark Yudof recently warned the public that the state university system will face severe budget cuts in the coming year. In July, the California state legislature cut \$3 billion from the state’s higher education budget. Yudof estimated that the system will absorb \$600 million in cuts next year. The UC system has raised student fees 9 percent in response

3 Birmingham Southern College is taking steps to curtail the spread of swine flu by forming a response team. Starting this academic year, the team will meet weekly to track signs of the virus on campus. According to Alabama’s Department of Health, there are 1587 confirmed cases of the H1N1 virus in the state of Alabama. Two deaths have been associated with swine flu as of last Friday.

4 Oxford University’s plans to add a campus in India have been threatened by possible human rights violations involving the developers of the 12,500-acre site southeast of Mumbai. The developers have been accused of intimidating local farmers to sell their land for rock-bottom prices. There are around 20 villages in the land slated for use by Oxford. Around 4,000 to 5,000 local residents have vacated so far.



COURTESY PHOTO — WIKIPEDIA.ORG

— by Mason Watson

## 5 More veterans may attend four year institutions

### New GI Bill expands veterans benefits, decreases cost of college for veterans

By MASON WATSON  
Flat Hat Assoc. News Editor

New benefits in the government’s GI Bill of Rights may inspire veterans to chose four-year institutions over community colleges, according to an American Council on Education report.

Historically, beneficiaries of the GI Bill enrolled predominantly in community colleges, attending only part time. Relatively few veterans attended public or private four-year institutions.

“While [veteran students] have previously been concentrated at public two-year colleges, these new benefits may encourage them to

seek entry into more expensive colleges, particularly if those institutions demonstrate responsiveness to their needs.” Alexandra Radford, the report’s author, said.

The new bill became law in June 2008 but didn’t go into effect until this August.

The law provides veterans with tuition for four academic years.

The total grant may not exceed the cost of tuition at the most expensive public institution in the state in which the veteran attends college.

Associate Vice President of the American Council on Education Jacqueline King predicts that as more veterans benefit from the new GI Bill, more veterans will attend

college full time.

Veterans have not always taken advantage of benefits offered by the GI Bill. Only 47 percent of veterans eligible to receive benefits at four-year public colleges chose to do so in 2007.

The report also noted that it is in the interest of both military personnel and institutions of higher education to advertise the benefits offered by the bill.

“The benefits of the new GI Bill must be well publicized by both colleges and the U.S. Department of Veterans Affairs,” King said. “This is to the advantage of both military personnel seeking higher education and the institutions in which they hope to enroll.”

### STREET BEAT

## How do you feel about the new noise and nuisance ordinance?



“It makes the town of Williamsburg less of a student friendly place.”

Emily Hahn ’11



“I don’t think it’s very unfair.”

Angela Farkas ’13



“It’s kind of unfortunate for the off campus fraternities. I hope they have nice neighbors.”

Kieran Cleary ’13



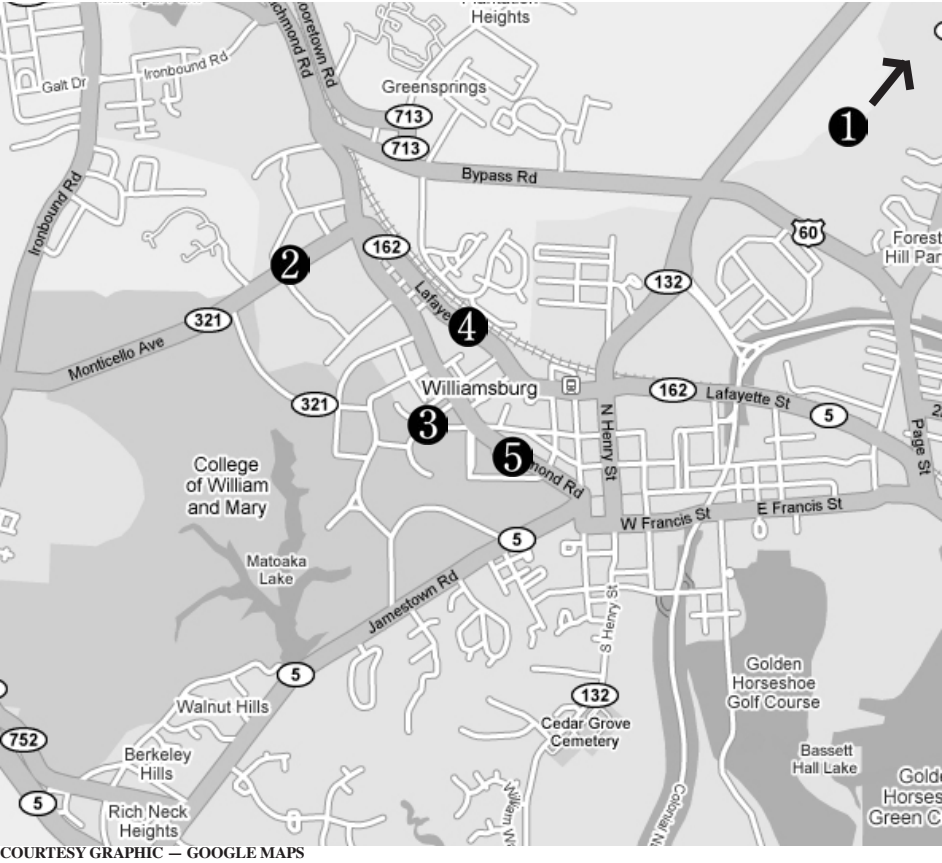
“I think the man is trying to keep us down. I think it’s ridiculous.”

Doug Rowland ’12

— photos and interviews by Maral Noori-Moghaddam

### WILLIAMSBURG POLICE BEAT

## August 26 to August 31



COURTESY GRAPHIC — GOOGLE MAPS

- 1 **Wednesday, August 26** — A burglary was reported on the 900 block of Capitol Landing Rd. No goods were reported stolen.
- 2 **Thursday, August 27** — The Union Bank and Trust at 171 Monticello Ave. was allegedly robbed. The amount stolen has not been released.
- 3 **Saturday, August 29** — An individual was cited for a noise violation on the 200 block of Harrison Ave.
- 4 — An individual was arrested for alleged possession of marijuana after an automobile accident on Lafayette Street.
- 5 — An individual was given summons on the 300 block of Richmond Rd. for an alleged noise violation.
- 1 **Sunday, August 30** — An individual was arrested for driving while intoxicated and consuming alcohol while driving on the 1000 block of Capitol Landing Rd.
- 3 **Saturday, August 15** — An individual was arrested on Harrison Ave. for alleged public drunkenness.

— compiled by Mason Watson

## The Flat Hat/blogs



**Bite-Size**  
Food reviews and recipes for the student chef.  
flathatnews.com/bitesize

### The Daily Grind

All about getting some.  
flathatnews.com/dailygrind



**Greening Gold**  
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Dispatches from the sports desk.  
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# Police utilize taser on man outside Green Leafe Café

By IAN BRICKEY  
*Flat Hat Assoc. News Editor*

Huntington, Va. resident Garrick Pridemore, 27, was tasered by a Williamsburg Police Department officer after struggling with a group of officers outside the Green Leafe Café on Scotland St. at approximately 2 a.m. Saturday.

An eyewitness, who wished to remain anonymous, reported that the incident occurred as the delis were closing for the night. Pridemore was urinating in a flowerbed when police approached him, the eyewitness said.

The officers asked for his identification, but Pridemore refused and tried to move past them. Officers then wrestled him to the ground and tasered him.

The WPD report goes into more detail.

“It started with a gentleman urinating in a flowerbed,” Major Suzanne Geary said. “An officer went over to speak about [the] urination.”

Police officers asked for Pridemore’s identification. Pridemore demanded to see the officers’ identification, getting up to one inch away from an officer’s face. He found his identification after first

handing the officer his insurance card.

Officers noticed that Pridemore showed signs of intoxication — smelled of alcohol, was slurring his speech and had an unsteady balance. Police then informed him that he was under arrest. A struggle ensued, and an officer began wrestling with Pridemore.

“The officer tried to take him down with a basic takedown,” Geary said. “Pridemore [then] wrapped his legs around the officer’s upper body.”

According to the report, a second officer issued a command for Pridemore to stop, but Pridemore ignored it. The

second officer then administered a “dry stun,” applying an electric shock to his leg with the taser without discharging the electrodes.

“A third officer was involved and asked Mr. Pridemore to place his hands behind his back or he would be pepper-sprayed,” Geary said.

Pridemore then released his grip and was charged with public drunkenness. Police detained Pridemore until he sobered up. At this time, it appears that Pridemore will not be charged with public urination, resisting arrest or assaulting an officer.

Last March, College of William and Mary student Walter Luse ’12 was tasered and arrested for using false identification to buy alcohol.

While these two recent incidents ended with the discharge of a taser, Williamsburg police try to refrain from using the weapon.

“Most of the time when officers display their taser ... people comply,” Geary said. “It gets displayed more than it gets used.”

*Flat Hat Managing Editor Sam Sutton contributed to this article.*

## Noise ordinance specified

ORDINANCE from page 1

a.m. and gatherings of 10 or more people lasting 30 or more minutes that is not contained inside and is audible across property lines.

Phillips noted at the council’s August work session that the new ordinance is similar to that used in Blacksburg, Va., home to Virginia Tech. In fact, he said, much of the ordinance was copied from Blacksburg’s municipal code.

As a catch all, the city also specified maximum noise levels to be referenced in the case of an unforeseen situation. In residential areas, noise is limited to 65 decibels between 7 a.m. and 11 p.m. and 55 decibels between 11 p.m. and 7 a.m. Normal conversation averages around 60 decibels.

First-time violators face a class 2 misdemeanor charge, which carries a \$300 fine. Subsequent violations within a one-year period warrant \$500 fines.

Council member Paul Freiling ’83 questioned the radio and television situation, which applied all day under the original proposal.

“If somebody’s sitting on their porch and happens to have a radio on, and the radio can be heard 11 feet away, and their property line is ten feet from the porch, then they are by definition here violating the noise ordinance when, if they were simply out mowing their lawn, they’d be making far more noise than they ever could with the radio,” Freiling said.

Phillips confirmed that Freiling’s scenario was correct.

“I guess I have a little bit of a — and I understand the challenges here, and the difficulties here — but I have a little bit of a concern about this, and perhaps it’s unfounded,” Freiling said. “But I can’t help but

wonder if there isn’t a potential for situations to exist where there are already contentious relations between neighbors that could become exacerbated when this sort of tool comes into somebody’s arsenal, to get back at a neighbor for some other perceived offense, just to make their lives miserable.”

“That certainly is a chance that exists,” Phillips responded. “Unfortunately, we have no ability to use a reasonable person standard anymore, which would come into play and apply to what you’re talking about.”

Williamsburg Police Department Chief of Police Mike Yost testified that amending hours to the television and radio situation would not burden police. He noted that while over 400 noise complaints were registered last year, few made it to court.

“I could count them on my hand, the number of summonses we actually issued, because the officers really work hard at mitigating these things ... and most of the time people comply,” Yost told the council. “When they don’t, they’ll write a summons.”

After some discussion, the council voted to amend the ordinance for television and radio noise across property lines to apply between 11 p.m. and 7 a.m.

Freiling also questioned events pertaining to the College of William and Mary. College-sponsored events on campus property are exempt from the ordinance, but events hosted by groups other than the College, are not.

Although he expressed concern that events such as tailgates at the Alumni House, located on the edge of campus, could be in violation of the ordinance, Freiling did not pursue the matter further.

The new noise ordinance went into effect Sunday, Aug. 23.

## GA enfranchises students

ELECTIONS from page 1

changes, they will continue to be able to do what they’ve always done — which is register to vote,” Williamsburg voter registrar Winifred Sowder said. “I don’t see how the recent statute will change anything for the city of Williamsburg, nor would I say the students voting before now have affected the city, either.”

Sowder became the city’s voter registrar on July 1, when she replaced previous registrar Dave Andrews. Andrew’s tenure in office was considered adversarial among students, as they were often discouraged from registering in Williamsburg.

When Sowder became registrar, students became able to vote as long as they were a U.S. Citizen and held proof of residence within the City of Williamsburg. She is a member of the Virginia Residency Task Force, who worked for months to bring about the changes made in the statute.

“I don’t know if turnout in Williamsburg will change,” Witkowsky said. “We’ve

been fortunate enough to have Ms. Sowder allow us the right to vote in Williamsburg as it is. Now we can be sure that if she ever leaves we will be guaranteed the same opportunities.”

The College of William and Mary student body has an active history of involvement in Williamsburg. 1,400 students registered to vote in the 2008 elections.

Former Student Assembly Senate Chair Matt Beato ’09 ran for City Council in 2008 and obtained 893 votes, 15.6 percent of the total vote.

The news has not been well received throughout Virginia.

“I’m against it because I think the students have more of a vested interest in their

hometown and I think they’re not tax paying citizens, and they don’t really understand the politics of the city that they’re coming to school in,” Harrisonburg resident Elaine Keegan told WHSV-TV.

The board included a provision in the statute which prevents voters from changing their residency for the purpose of voting in a particular precinct. This addresses the concerns of some who fear that people will change residency to a certain locality for the sole purpose of altering the outcome of an election.

The U.S. Department of Justice must still approve the changes before they can be implemented.

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# W&M in Washington INFORMATION SESSION Tuesday, September 8 Sadler Center, Tidewater A, 6:30 p.m.



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# OPINIONS

Opinions Editor Russ Zerbo  
fhopinions@gmail.com

## How Are the Departments Handling Building Changes?



Physicists and biologists in Millington are pretending to get along while secretly believing theirs to be the only true science.



Hoads of English majors are beginning an epic Trail of Tears from the steps of Tucker to the steps of Tyler.



The Business School has seceded from William and Mary. No trespassers allowed.

By Olivia Walch, Flat Hat Cartoonist

## Experience and responsibility trumps all

Thomas Chappell

FLAT HAT GUEST COLUMNIST



The commonwealth of Virginia has a history of balancing the national political trends in its off-year gubernatorial elections. When one party is elected into the White House, Virginians have tended to elect the candidate from the other party as their governor in the election a year later. While this fact may suggest something about Virginia voters, it is also possible that this trend is largely a coincidence: The opposition party has just happened to have the stronger candidate more often than not.

In my opinion, the gubernatorial race this year will support this trend not because Virginians have a desire to buck national politics, but because the best man to manage the commonwealth for the next four years is republican Bob McDonnell.

McDonnell brings experience to the table that outshines any candidate for Virginia governor in recent memory. Most recently, McDonnell served as the Attorney General of Virginia. Ninety-two of his 107 legislative proposals were passed into law, and all seven of his campaign promises were kept, including the creation of an online Sex Offender Registry that has drawn national acclaim. McDonnell does what he says he will do. In the 14 years prior, McDonnell served Virginia Beach's 84th district in the House of Delegates, where, among other things, he passed welfare and tort reform.

Previous to that, McDonnell served as a commonwealth attorney in Virginia Beach and was the business manager of a Fortune 500 medical supply company. McDonnell served 21 years in the U.S. Army and the Army Reserves after completing his undergraduate work with an ROTC scholarship at the University of Notre Dame. McDonnell's extraordinary career in the military, the private sector, law enforcement and in government has armed him with the knowledge and the experience to be one of the most effective governors in Virginia history.

While McDonnell has the most experience of any candidate in this election, he also has the best plan to achieve his vision of a more prosperous commonwealth. While McDonnell's opponent admits that his administration may raise taxes to add to a budget that has doubled in the past 10 years, McDonnell has said that

“the worst thing that you can do during a recession is to try to tax yourself into prosperity.” McDonnell knows that the best thing the government can do during a recession is to create an environment where the private sector can create jobs. McDonnell favors encouraging job creation by granting \$1,000-per-worker tax credits to companies that create 50 jobs.

He also favors protecting Virginia's Right to Work law, which states that no one can be denied work because of membership or nonmembership in a labor organization and adamantly opposes “Card Check,” a bill currently in Congress that would outlaw the use of a secret ballot in union-organizing elections. Understanding the importance of small businesses, McDonnell wants to expedite the state application-and-permit process, part of the bureaucracy that impedes the creation of new companies. McDonnell understands that the private sector is the engine that drives our economy and will put policies in place that will allow it to function with government encouragement, not interference.

Another part of McDonnell's plan is to create new jobs by making the commonwealth the energy capital of the East Coast. He plans to do this by employing all forms of energy,

both conventional and alternative. While he does favor expanded nuclear energy and off-shore drilling if done in a safe and environmentally responsible manner, he is also in favor of creating a new \$500 dollar tax credit per worker for each new green job that is created.

Another goal of his is to make southwest and southside Virginia, regions that have been hard-hit economically in recent years, the alternative energy center of the East Coast by putting the proper education, research and funding in place. Understanding the importance of preserving undeveloped areas in a rapidly growing state, McDonnell will follow in Gov. Tim Kaine's footsteps and set aside 400,000 new acres for preservation. McDonnell values the environment and believes that working for energy independence and a cleaner environment can also serve to create new jobs in Virginia.

While his opponent has sought to make this election about divisive social issues, McDonnell has remained steadfast in his commitment to running a positive campaign and focusing on his goal to be a job's governor.

Regardless of who is sitting in the Oval Office, McDonnell is the man with the best qualifications and the right vision to lead Virginia successful next four years.

E-mail Thomas Chappell at wtchappell@wm.edu.

McDonnell has remained steadfast in his commitment to a positive campaign and his goal of being a job's governor.

### STAFF EDITORIAL

## The loudest class ever

A quick glance at The Flat Hat News section will show that the Williamsburg Police Department has been keeping very busy. In fact, since classes began, it has already issued about as many citations for noise as it did all of last year. To be frank, this is more than enough reason for us to raise a concerned eyebrow.

Until the law was struck down as unconstitutional for vagueness this summer, Williamsburg had an ordinance in place that permitted noise levels up to the point at which a “reasonable person” would be offended. The new law replaces that standard with several discrete decibel limits that should make it objective whether or not a violation actually takes place. Because of the subjective nature of the former standard, it would be plausible for the transition to the new law to be completely seamless, but this upward blip in citations raises the question of whether or not there was also a recent change in enforcement policies.

In the past, the WPD has been very good at dealing with noise without resorting to citations. Last year, of the 400 noise complaints it received, only a few actually made it to court. Generally, if a neighborly phone call could not resolve a noise complaint, a chat with a police officer — or an official warning from him or her — would. Repeat offenders could, of course, expect more stern treatment. Keeping fines and court appearances to a minimum meant less hassle for everyone, and noise was being kept under control.

Issuing knee-jerk criticism of the police without having all the facts on hand is a risky business in which we will have no part. At this time, it still is not clear what happened when these recent citations were issued or the extent to which they were deserved. After all, the first week back tends to be big for parties, and therefore, big for noise. But we do know that in the past Williamsburg's finest have been good at walking the delicate line between Williamsburg's sleepy and sleepless. We hope they will continue to do so in the future.

The staff editorial represents the opinion of The Flat Hat. The editorial board, which is elected by The Flat Hat's section editors and executive staff, consists of Miles Hilder, Ashley Morgan, Alex Guillén, Matt Poms and Andy Henderson. The Flat Hat welcomes submissions to the Opinions section. Limit letters to 250 words and columns to 700 words. Letters, columns, graphics and cartoons reflect the view of the author only. E-mail submissions to fhopinions@gmail.com.

### LETTER TO THE EDITOR

#### Students shouldn't settle for less To the Editor:

Ed Innace's '11 August 28 column, “Students should think long term before arguing with residents,” misses the forest for the trees in trying to pass off the status of student voting nationwide as indicative of students at the College of William and Mary.

Last year Williamsburg had the highest percentage of newly registered voters in the entire commonwealth. Naturally, registration doesn't mean much unless students turn out to vote. Well, the turnout at the Stryker Precinct, where most students are assigned, was 81.3 percent — the fourth highest rate in the state. At this time, students were approximately 25 percent of registered voters. After the annual bout of voter registration that is currently being facilitated by the Student Assembly, there should be even more voters eager to cast their ballots and participate in local and national elections.

Furthermore, Innace's assertion that students cannot blame arbitrary and draconian rules — or their interpreters — is complete bunk. Innace should be aware that student voting rights are determined by the state. “Domicile,” defined in the Code of Virginia §24.2-101 as requiring that “a person must live in a particular locality with the

intention to remain,” can be interpreted several ways depending on the locality's registrar. There are countless examples in Virginia, and in the rest of the country, of students being disenfranchised due to a registrar's interpretation of “domicile.” In Williamsburg, just three years ago, former registrar David Andrews resigned in disgrace because of his efforts to disenfranchise students. These clauses are now under consideration by a special task force on voter registration.

Finally, Innace asserts that because the student population frequently changes, we should essentially relegate ourselves to the status of second class citizens. This suggestion is utterly inane. In the cradle of our nation's democracy, student apathy and resignation have no place.

The transitory nature of the student population certainly does not mean students should not speak out for their interests, which remain more or less constant. The fact that the population isn't permanent simply means that the community should take advantage of the fact that its large population of involved community members and veteran voters have a tremendous opportunity and responsibility to participate in teaching the commonwealth's future leaders how to grow into active participants in society.

— Valerie Hopkins '09

## Sen. Chairman rewrites code in attempt to secure place in SA history

Russ Zerbo

FLAT HAT OPINIONS EDITOR



For those of you who are incoming freshmen, you have chosen to enter the College of William and Mary as your Student Assembly has entered into a new era. For better or worse, you will never experience the code-based governance of Walter McClean '09 and Matt Beato '09 or Zach Pilchen's '09 and Valerie Hopkins's '09 two-year presidency that attempted to reinvigorate student interest in both the College and Williamsburg.

You can read Hopkins's letter to the editor telling students not to take a back seat to Williamsburg residents. Her anger can be felt through the page because she witnessed Pilchen lobby the Williamsburg registrar to allow the seemingly transient student population of Williamsburg to have a role in local politics. But what does this all mean?

It means that when the SA meets

tonight at 7 p.m. in Tyler 301 they will be without the people who attempted to revolutionize student government at the College for the past four years. It means that now when the SA does voter registration drives, none of the volunteers will have known a Williamsburg that prevented students from registering to vote.

If this doesn't seem like a big deal, it is. Without the previously mentioned student politicians, the SA could easily fade back into the obscurity it once existed in. Even a cursory glance at the bills on the agenda for this evening can tell you a lot about the shadow that the SA will govern in this year.

Senate Chairman Ben Brown '11 will present a bill tonight proposing to print 6,000 cards detailing student rights in the case of an honor code violation and a student conduct code violation. In past years, the SA printed cards in an effort to educate students in interactions with a resident assistant or a police officer and — though I hate to sound sentimental — the new cards will certainly not have the

impact of their predecessors.

The original cards were handy and even subversive. If you heard the knock of an authority figure, a quick look at your know-your-rights card could quickly inform you that under no circumstance can an RA enter your room without your permission — useful information when your RA is demanding entrance and assuming you don't know the rules. There is no information on the new card that will help you get out of a jam — it's really just a summary of information in the student handbook. They've got the form and color scheme of the old cards, but none of the substance.

Brown will sponsor two more bills in an attempt to solidify his position as the new SA king of code. A 54-page bill rewrites the entire SA Code and another amends the SA Elections Code. If the first bill is passed — and I'm guaranteeing that it will — as a student you probably won't even notice, but that's not the point.

The point is that Brown is now trying to position himself as the go-to

guy in terms of procedure, so when he graduates, someone else will have to learn his code, and someone else will have to write an opinion column about how the SA is doomed to fail without him. Even though one can only gain so much authority from amending code, this is still a power play of the highest regard.

Brown knows that the SA has lost the people that initially attracted him to student government at the College. He also knows that in order to have any sort of impact on campus, students must be

able to connect a face and a name and a purpose to their SA.

Amending code is a sure-fire way to get the attention of other student politicians, but if Brown, or anyone else, wants the approval of the rest of us, then more must surely be done. Free printing? Public bikes? Could you just tell dining services that they can't put a slider on a big bun and call it a burger? Actually, could we just get that ping-pong ball dispenser that was supposed to be here in December?

E-mail Russ Zerbo at rjzerbo@wm.edu.



VICKY CHAO — THE FLAT HAT



# VARIETY

Variety Editor Jessica Gold  
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## Rec Center pumps up fitness

By ERRIN TOMA  
*The Flat Hat*

Waiting in line to have your fingerprint taken. Typing in an access code into a small metal box and waiting for the green light to send you through the electric turn-style. Filling in waivers full of personal health history. This is the typical scene during the first few weeks at school as new students gather at the front desk in the Student Recreation Center to register for their gym membership.

College can be difficult, but at the College of William and Mary getting healthy can be easy. After that first, somewhat time-consuming entry to the Rec Center, getting in requires only a student ID number and a fingerprint. From there, the Rec Center offers activities and equipment perfect for all fitness levels and needs.

Newly renovated in 2006, the Rec Center is 90,000 square feet featuring a climbing wall, swimming pool, massage room, multi-purpose courts and weight and cardio equipment.

“The only thing we

don’t have at the Rec Center is personal towels for people to use,” Mohammad Rahman ’10, who works at the front desk of the Rec Center, said. “Aside from that, you’ve got everything. It’s a great social place to meet people. There isn’t much we don’t offer.”

As students of the College, the Rec Center offers the opportunity to do what we do best — multitask. Students can flip through their textbook while peddling on the exercise bike or elliptical machine, or watch their favorite TV show on one of the big-screens. Going to the gym is also a great way to prepare for activities beyond the Rec Center.

“I try to get in better shape for riding because I do event riding,” Devlin Murphy ’13 said. “It’s like a horse triathlon with three phrases. I compete twice a month, so I need to be a little more fit.”

For people with little experience working out at a gym, the Rec Center offers personal training with nationally certified personal trainers and individualized fitness assessments.

“The staff is so dedicated; they put all their efforts behind it, and it really does show,” Rahman said. “If you’re uncertain about anything, you’re more than welcome to ask the front desk. Ask questions.

Come on by and get a tour to make it more personal.”

The Rec Center also offers options for those who want to bring a competitive edge to their quest for physical fitness. With 45 competitive sports clubs ranging from synchronized swimming to Brazilian Jiu Jitsu, there is something for everyone. Participating in club sports can double as a social activity and a way to stay fit.

For motivation to get to the gym, intramural teams are a great way to get a group together and stick to a schedule. There are 21 different recreational sports offered. If something more adventurous is your speed, the Rec Center organizes several outdoor recreation trips a year, including a kayaking trip and a caving expedition.

“All of our trips are completely student-led, and they are offered to all members of the William and Mary community and any guests they might bring along,” Theran Fisher, assistant director of Outdoor Recreation and Student Development said. “And we do everything from a couple hour clinics and afternoon trips to several day trips.”

Like many of the activities offered at the Rec Center, experience is not a prerequisite.

See **FITNESS** page 6



SUN PARK — THE FLAT HAT

### BEHIND CLOSED DOORS

## Keep your sexual toolbox handy

Maya Horowitz

FLAT HAT SEX COLUMNIST



Welcome to another year at the College of William and Mary. The start of fall semester, whether you’re a freshman or a senior, is a chance to start anew in all aspects of your life. Being as this is the sex column, I’ll posit that the most important element of your clean slate is your sex life. It’s my duty to make sure you’re prepared for this hopefully sex-filled year, so I thought I’d provide you with a sort of sexual toolbox.

■ Arguably, the most important tool — other than of course your own hammer — is confidence. Dare to be cocky about your cock. Partners, like the predators of the animal kingdom, can smell your fear. And, unless they are actual predators, fear isn’t going to turn them on. Men and women alike want a partner who is proud of themselves and secure in their sexual prowess. This is not to say you should become some sort of self-obsessed monster. Try to go for “I’m cool, and I know it. I’m willing to show it, but I’m not too self-satisfied to blow it.”

■ I know this sounds like a PSA, but let’s pretend that stands for “Penis Safety Alert.” The new year is a wonderful time to get tested for sexually transmitted infections. Make sure you are truly starting with a clean slate. Even if you feel it’s

unnecessary, just think of it as reassurance. Better to go in and find that you’re free and clear than to engage in sexual activity that may result in disease transmission — majorly unsexy.

■ Make sure to round up wingmen. There’s a reason people travel in packs. Having a friend with you when you’re out scoping for dudes always comes in handy. The Hitchhiker’s Guide to the Galaxy will tell you a towel and a guide are all you need when traveling. Well, when attempting to mate, a few good mates are all you need.

■ Go out and buy some sexual accoutrements. Sex can find you at any time and when it comes knocking on your door in the form of a 4 a.m. booty call, you want to meet it with preparedness. The two most important items to have are condoms and lubricants. I recommend thin condoms and a lubricant made to feel as natural as possible. I’m an old-fashioned girl; I just want to make love, not suck on a cherry-flavored popsicle and then lubricate myself with something that raises the temperature of my clitoris. That’s just my two cents. Buy whatever you think will make you happy and motivate you to search out a partner.

■ Set the scene: Make sure your bedroom is sexable. This entails a little tidying up. But since it’s the beginning of the year, the cleaning shouldn’t be too bad. Dirty underwear strewn across the bed isn’t alluring, it’s gross. You want to make your room as inviting and comfortable as possible so

See **TOOL** page 6

## Virginia-native band rocks year’s first concert

By CAITLIN FAIRCHILD  
*Flat Hat Photos Editor*

Walking along the dimly lit path obscured even further by the driving rain, one might wonder why on earth people were going toward Matoaka Amphitheater, where there was no shelter, instead of away toward their

warm, dry dorm rooms. Granted, the downpour was not a freezing rain, but it was miserable nonetheless. The answer was that these enthusiastic students were heading to see Carbon Leaf perform at the first concert of the year at the College of William and Mary.

The heavy precipitation defined Friday night’s Welcome Back Concert

featuring Carbon Leaf and Sleeperstar. It had all the traditional makings of a good show at the College: members of AMP stressed and running around in blue shirts; a concerned Mark Constantine waiting in the wings with arms crossed; and an enthusiastic crowd of students excited for the first concert of the year.

The youthful, pop-rock group Sleeperstar opened for the established folk-rock veterans Carbon Leaf and created an atmosphere that appealed to a variety of people.

Sleeperstar returned to the College after a successful Friday @ 5 performance last spring. The band quickly won more students’ hearts with their catchy choruses, as well as the boy-band good looks of lead singer Chris Pearson.

Highlights of the Sleeperstar performance included a guitar-driven cover of the Postal Service’s “Such Great Heights” and the ballad “Texas Rain,” which began, as if on cue, at the same time as a downpour over Matoaka.

Mid-set, the band proclaimed their nerdy love of board games and Harry Potter, to which the college students enthusiastically cheered.

“We found our people,” Pearson cried. “This is seriously the best show we’ve ever played.”

See **CONCERT** page 6



CAITLIN FAIRCHILD — THE FLAT HAT

Carbon Leaf vocalist, Barry Privett, rocks out at the show last Friday night. He incorporated the use of a penny whistle into various songs, surprising and delighting the crowd.

### DE-STRESS:

#### SIMPLE WAYS TO IMPROVE YOUR HEALTH

Deadlines, papers, exams, meetings — it’s enough to drive anyone insane. Even when doing what we love, stress can still take a toll on us. Once in a while we need to take time out and relax, regroup and restructure our lives. For some people, taking a walk through Colonial Williamsburg and sitting on a bench in front of the Governor’s Palace with a journal is the best way to relax. No matter what method you choose, de-stressing is a must at the College of William and Mary.

Stress, if it reaches a chronic level (even just a few hours of non-stop stressing) can lead to bodily deterioration. Stress increases cortisol levels, which stop your metabolism, increase food cravings and decrease your immune system, according to an article in Business Week Magazine called “Vander’s Human Physiology.” This response, which initially gave cavemen the quick burst of energy needed to run from a predator, can harmfully affect the body after a certain period of time. As a result, those with high levels of stress are more likely to contract illnesses, gain weight and have a higher risk of depression. Additionally, anxiety attacks, obesity and bingeing, decreased sexual performance, and even cancers in the long run are common side effects of stress.

One of the most effective ways to manage stress and cool down is to exercise. The Student Recreation Center offers a wide variety of activities, ranging from yogilates, Zumba, hip-hop and the climbing wall. While strengthening and conditioning may provide de-stressing benefits, for maximum health benefit cardiovascular exercises such as running, swimming and biking are most effective.

The releasing of mental stress physically through exercise has multiple other benefits. Exercise decreases the risk of depression and increases confidence, while the dilation of blood vessels and increase of blood flow has cardiovascular benefits such as a decrease in LDL cholesterol counts, an increase in good HDL cholesterol counts, a decrease in blood pressure and

a decreased risk of heart disease according to the “Foundations of Sport and Exercise Psychology” by Robert S. Weinberg. Exercise helps boost your energy levels during the day, promotes better sleep and a better sex life.

Thirty minutes of exercise daily keeps stress levels at bay, gives you added health benefits and can help you from getting that dreaded freshman fifteen. Other daily behaviors to decrease stress levels include sleeping at least eight hours and eating the right foods. Tara Geise, a registered dietitian in Florida and spokesperson for the American Dietetic Association, stated that there are 10 main stress-relieving foods:

**BEEF:** (organic and low-fat) is filled with B vitamins, iron and zinc, all of which contribute to stabilizing mood. Great to eat for dinner the night before a big test day.

**COTTAGE CHEESE WITH FRUIT:** the natural sugars in fruit, combined with the protein and calcium in the cottage cheese, are a stress-fighting combination. The vitamin C in fruit is an antioxidant that fights the free radicals released during stress, which can be harmful to the heart.

**ALMONDS:** contain vitamins B2, E, zinc and magnesium. Vitamin E, also found in these nuts, fights free radicals. Grab a handful to snack on between classes.

**TUNA:** a low-fat protein, which contains vitamins B6 and B1. Canned tuna makes a cheap lunch after hitting the gym.

**BLUEBERRIES:** rich in antioxidants, contain vitamin C and are a low-calorie snack.

**MILK:** believe it or not, milk is high in antioxidants (the organic kind), contains essential vitamins B2 and B12, protein and calcium. A glass every morning goes a long way.

**CORNFLAKES OR RICE CEREAL:** provides B vitamins and folic acid to provide serotonin.

**ASPARAGUS:** high in folic acid and B vitamins (both are used to make serotonin — a mood stabilizer).

— by Jennifer Gaertner



THAT GUY

# Lindauere: resident leader

By LAUREN BILLINGSLEY  
Flat Hat That Guy Columnist

Dawson Lindauere has a long family history in Pennsylvania, having attended the same high school as both his parents and his grandparents near the town of Economy, Penn. Deep roots haven't kept this member of the College of William and Mary community from branching out; he visited Brazil as a teen and both India and Africa on recent trips. Around campus Dawson has a notable presence as a tour guide, Student Exchange employee and AMP executive. He has also been involved in Pep Band, the Admissions Office, Honor Council and has been a part of Residence Life for three years. His shaggy blonde hair and unique beaded hemp necklace pair well with his casual and friendly nature, and it's a pleasure to chat with this senior about interning at the Wildlife Institute of India, what he drinks from his Late Night mug and how the flip of a coin played a part in him coming to the College. Along with Government you are also majoring in Environmental Policy. Do you consider yourself an environmentalist or an advocate for environmental issues?

I'm interested in studying it, and in things I'm involved in, I do my best to keep green, if you will. I recycle a lot, cut down on paper, do e-mails instead of paper stuff, and conserve water. I'm mindful, I don't do too much of the protesting and



Caitlin Fairchild — The Flat Hat  
Dawson Lindauere, a three year AMP Comedy Committee member, is currently chair of the Late Nite Committee. Their first event is this Friday at the Sadler Center.

stuff but I do bring environmental awareness to things I'm involved in. What is your AMP Late Night mug filled with usually?

I either drink Diet Coke, water, skim milk or orange juice. If I put a mixed drink in there it would be Long Island Iced Tea because it's my favorite mixed drink.

How did you end up coming to the College from out of state?

First, I wanted some distance and wanted to be in a completely different area just to experience a different place. The summer between junior and senior year of high school I was talking to my mom's best friend's stepdaughter who went here during the '80s, and she said she went to William and Mary and that it was a great place and I should check it out. So I was looking at William and Mary and another school to visit [Lehigh University] that were both about six or seven hours away, so I flipped a coin, and it landed on the William and Mary side — so I came and visited here. We drove seven hours down and took a tour, had a meal at Season's and drove all the way home that same day. I liked it a lot and decided to apply Early Decision last minute; I think I turned in my application the day it was due, so I had to put in all these special requests to my teachers for my high school recommendation.

So you said you flipped a coin about which College to visit. Do you think you tend to live your life like that?

I mean, most of the things I've done have been pretty spur-of-the-moment. The summer between sophomore and junior year I decided pretty haphazardly to study abroad in Cape Town, South Africa for the summer, and I had been thinking about doing the Ireland program; but I saw the picture of Cape Town and without looking at the courses that were offered, I just decided I wanted to go.

Have you had a memorable professor or class at the College?

Just because it was freshman year first semester, my most memorable professor was definitely Professor [George] Grayson in the Government department. It was Intro to American Politics, and the first day of class he was like, "You need to spit out that gum, this is collegiate class." He had everyone pass their hand over a candle and swear to be good members of class. He was kind of joking, but it was pretty intense. I made a lot of good friends in that class; people that I'm still friends with now. My one friend who I met in that class who was a year above me ended up having me as her plant during tours, so she would always see me after class with her tour group, and



Caitlin Fairchild — The Flat Hat  
Often seen around the Campus Center on the way to an AMP meeting. Lindauere was also an RA in the freshman dorm directly behind the Campus Center, Hunt Hall. This year, Lindauere is the head resident in Jefferson Hall

I would say something, usually about the weather because she would always catch me off guard. She also hosted poker parties at her house that I would go to. Various other good friends came out of that class, and it was also the class that made me want to be a government major.

You're wearing a hemp necklace and several woven bracelets and anklets. Do they have a story?

I've been wearing the hemp necklace since junior high. Not the same one because [the necklaces] break, but I've actually recycled the beads every time they've broken and put the old beads on a new necklace I'd make — but this summer I lost my necklace, so this is a new one. This bracelet is from one of my friends who studied abroad in Chile; they're lucky beads. The anklet is a friendship bracelet from summer camp this summer; there were three of us, and we each made each other friendship bracelets. The other one is from a friend who went to Guatemala over spring break.

What are you hoping to do in the future?

I want to work abroad as an American, whether it's for some division of the government or for a company. I'm really pretty open, but I do like environmental things — it's just an interesting and ever-growing field. This summer I interned at the Wildlife Institute of India doing internal research for them with another student. It was great but really hot. The internship went really well, and we used their data and made a report

using a lot of GIS analysis. I also got to travel every weekend and got to visit two friends from here, one who did an exchange program last fall here and one who's just a full-time student. I was six hours northeast of Delhi; one friend lived in Delhi, and the other in Mumbai.

You've traveled a good deal. What has that been like, and how has travel been significant to you?

Actually, everywhere I've been has been a developing country except for Canada. I did the Honduras spring break trip, and I'd been to Brazil in junior high, and then South Africa and India. It's not so much traveling; I don't even like to call it traveling. I like living there, experiencing the culture, using public transportation and not just running around taking pictures.

What do you think is one of the defining aspects of the College?

It's just kind of like a big home. I'm saying that in the sense that I'd feel comfortable wearing my pajamas anywhere on campus except maybe the new business school.

Just before our conversation comes to a close, I find that Dawson received an award for the best RA in the commonwealth of Virginia, meaning he has topped the state's charts at keeping his residents at the College happy, developing successful community building and carefully handling some tough residence-life situations. Walking out the door for the next segment of a full day, Dawson heads off to begin AMP setup for this weekend's activities.

## Show spirit not dampened

CONCERT from page 5

Sleeperstar then cleared the way for the headliners. Carbon Leaf, who hails from Richmond, is popular among many in-state students.

Around 9:30 p.m., Carbon Leaf took the stage and a thoroughly energized crowd welcomed them. They played the requisite, familiar hits such as "The Boxer," "What About Everything" and "Life Less Ordinary," but also showcased more blues and folk-based songs off their latest album, "Nothing Rhymes with Woman."

In between their original hits, the band transitioned out into classics like "Somewhere over the Rainbow" and "Day-O," which, despite the crowd's enthusiastic sing-along were cut short to be replaced by one of the bands more unfamiliar new songs like, "Miss Hollywood."

Throughout, singer Barry Privett's Jethro Tull-like use of several different tin whistles — conveniently kept tucked in the back of his pants — lent an almost Celtic feel to their repertoire.

Before beginning their classic song "Changeless," Privett, with his hand over his heart, advised the crowd to cherish their time at the College.

"Four, four short years, man; four short years," he said to the crowd.

When another bout of rain hit, Privett dedicated their song, "Drops of Rain," to the members of the audience who stayed despite the drenching.

"Thanks for hanging with us through thick and thin guys," he said to the soaked audience.

For an encore, they took the stage and closed with a



Caitlin Fairchild — The Flat Hat  
Despite heavy rain throughout the entire show, neither Carbon Leaf or Sleeperstar put the show on hold.

slight departure from their other songs: a fervent cover of Aerosmith's "Sweet Emotion," which pumped up the portion of the crowd who had actually heard of the song.

## Always prepared on campus

TOOL from page 5

that you put your partner at ease.

■ Leave your baggage in the past. It's the dawn of a new day. Allow yourself to get down without thinking about former lovers. Few things are less of a turn-on than someone who isn't in the moment. No one wants to feel like their lover's attentions are focused elsewhere.

■ Sketch out your sexual boundaries. Spend a little time thinking about what your goals are for this year; how far you are willing to go and how many sexual partners you would like to have. There's no shame in deciding to be reserved for the year. Having a clear idea of what you want will help you remain calm in sexual situations. If you're not comfortable with your undercarriage being diddled, be sure to go over hypothetical situations and decide how you will handle them.

■ Allow room for mistakes. On the path through the sexual forest, there are bound to be accidents and stumbles; forgive yourself in advance. This is all part of your journey to discovering the sex life you need.

These are just a few ideas to get you started, but the actual encounters are up to you. I hope that a few of my words will contribute to some funky chicken love in your future.

Maya Horowitz is the Flat Hat Sex columnist. Although she wasn't a boy scout, she is a firm believer in their motto: Be prepared.



GRAPHIC BY OLIVIA WALCH — THE FLAT HAT

## Varying options at Rec Center offer ways to get fit

FITNESS from page 5

"All of our trips are designed for those interested in outdoor recreation, but not necessarily outdoor experts," Fisher said.

The Rec Center is also the home of the latest fitness phenomena for those looking to build muscle. Body Pump, a Les Mills class, is a toning and conditioning class using a non-impact weights-based exercise that is perfect for every fitness level.

"The classes are always easy to follow, too, with no complicated choreographed moves, so there is no danger of feeling lost or self-conscious," said Jenny Fisher, the assistant director of Fitness and Wellness and also a Body Pump instructor.

The classes are taught by fully

qualified Body Pump instructors who are there to offer guidance on the correct lifting techniques throughout the class. Depending on the weight added to the barbell by the participant, the class's difficulty is determined on an individual level.

"If you've always thought that exercise is boring, Body Pump will change your mind. The classes are incredibly motivating, with dynamic music and an instructor giving constant encouragement and feedback throughout the session," Jenny Fisher said.

After the first free week of classes, Aug. 31 to Sept. 6, Fitwell passes — which have unlimited use for any class — can be purchased at the front desk of the Rec Center. An Academic Year Pass can be purchased for \$70 before Sept. 1 or

for \$75 after that date. Semester passes are also available for \$45, otherwise the drop-in rate per-class is \$5.

With so many different opportunities for every fitness level, the Rec Center offers something for every student.



SUN PARK — THE FLAT HAT  
A student works out in the weight room on the middle level of the Rec Center.

## The Flat Hat's television blog is back!



And don't forget to check out Tube Talk:  
flathatnews.com/tubetalk



# TRIBE FOOTBALL 2009

Sports Editor **Matt Poms**  
Sports Editor **Chris Weidman**  
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## Offense

After posting 32.8 points per game last season, the Tribe offense will attempt to continue that level of production behind a new quarterback and reconstituted offensive line. It will be a tall order in a CAA South division which features four of the top-five defenses from a year ago.

Senior R.J. Archer takes over under center for departed All-CAA quarterback Jake Phillips after spending last season as the backup.

“He’s had some days that weren’t as good as others; we’ve taken it slower with him [this fall], but other than that, he’s looked very good,” Head Coach Jimmye Laycock said. “Hopefully, as he settles down and gets some confidence with himself and the game plan down, I look for him to do very well.”

Archer will have assistance from a dynamic running attack featuring sophomore CAA Rookie of the Year Jonathan Grimes and juniors Courtland Marriner and Terrence Riggins. Grimes will look to reprise his breakout freshman season in which he racked up 1,262 yards and 9 touchdowns rushing and receiving. However, he will have to deal with the increased focus from opponents that comes with those numbers. Marriner and Riggins should be instrumental in relieving the load after injury-plagued 2008 campaigns.

The play of a young offensive line will be key as sophomore James Pagliaro and junior Derek Toon slide into new positions.

### Quarterback

After converting from wide receiver and spending his junior year as a backup, senior R.J. Archer will feature under center. It’s his first year starting, but he’s no new-comer, throwing for 307 yards in a start against Villanova.

### Running back

After last year’s breakthrough campaign from sophomore Jonathan Grimes, running back is unquestionably the deepest and most talented unit on the offense. Grimes will attempt to follow his 948 yards rushing from last season while teaming with juniors Terrence Riggins and Courtland Marriner to create a versatile attack. Look for Marriner to factor into the passing game while Riggins, who slimmed down in the offseason to increase durability, picks up the tough yardage inside.

## Scouting reports



JACK HOHMAN — THE FLAT HAT  
Senior quarterback R.J. Archer started against Villanova University last season.

### Offensive line

The departures of center Luke Hiteshow and guard Michael Grant leave the offensive line short on experience. Senior C.J. Muse and junior Keith Hill lead a unit which will be a key factor in the offense’s success — new center sophomore James Pagliaro and guard junior Derek Toon will need to mature quickly.

### Wide receiver

Senior D.J. McAulay (718 yards receiving last year) and junior Chase Hill (438 yards) will be the main targets for senior quarterback R.J. Archer, but expect the Tribe pass catchers to miss the steadying presence of the graduated Elliott Mack. Juniors Terreon Conyers and Cam Dohse also have game experience, but keep an eye out for redshirt freshman Ryan Moody, who posted strong performances in practice throughout the spring and summer. Overall, Archer should have ample receivers with which to work, but the Tribe lacks a surehanded standout.

### Tight end

Senior Rob Varno enters his second season as the starter after a solid year in which he posted 36 catches for 397 yards. He was also a favorite target of senior quarterback R.J. Archer in Archer’s lone start last year, hauling in 6 balls for 58 yards against Villanova.

## Scouting reports

### Linebacker

Sophomore Jake Trantin captains a unit which lost two seniors to graduation this offseason. After stepping in for an injured Josh Rutter midway through last year, Trantin finished second on the team with 76 tackles and an interception. He will be joined by juniors Wes Steinman and Evan Franks at the outside linebacker slots.

### Secondary

The Tribe cornerbacks are a deep unit which lacks a standout performer. Juniors Ben Cottingham and Terrell Wells will start, but senior Fred Johnson and redshirt freshman B.W. Webb should see playing time as well. Senior David Caldwell is a playmaker at safety after posting 78 tackles, 2 interceptions and 2 return touchdowns last season. Senior Robert Livingston will start at free safety.



JACK HOHMAN — THE FLAT HAT  
Senior defensive end Adrian Tracy recorded 10 sacks last season.

### Defensive line

The Tribe defensive line was one of the best in the conference last season. This year, after returning all four starters, they should be even better. Senior and preseason All-American Adrian Tracy had 10 sacks and 15.5 tackles for a loss in 2008, while fellow end and classmate C.J. Herbert notched 2 sacks and 23 tackles in support. Senior tackle Sean Lissemore might be the most underrated player on the team, while junior Mike Stover starts next to him.

### Special teams

Senior kicker Brian Pate was named first team All-CAA after a rock steady 2008 season in which he went 13-16 on field goals. Junior punter David Miller averaged 41.53 yards per punt. Sophomore Jonathan Grimes was an All-American kick returner after posting 24.5 yards per return and a touchdown. Senior safety David Caldwell is likely to return punts.

## Defense

Expect to see senior defensive end Adrian Tracy leading convoys of linemen into opponents’ backfields on a regular basis this season. All four starters from last year’s defensive line return, highlighted by Tracy, who enters the year as an All-American candidate. The unit’s speed, depth and athletic potency make it feared throughout the CAA.

While the front four looms large, the rest of the defensive is not as solidified. The secondary has to formulate a scheme to replace third round NFL draft pick Derek Cox ’09. Senior safety David Caldwell will shoulder leadership respon-

sibilities and will look to repeat as the Tribe’s leader in tackles for the third straight year.

“We always go out there thinking we’re the best secondary in the country,” Caldwell said. “We feel like we’ve worked hard enough, and we have a lot of talent back there, so we’re looking forward to it.”

The linebackers set up to be the least-experienced unit on defense. Two three-year starters graduated this spring, which forces sophomore Jake Trantin to take the control in the middle. Trantin led all CAA freshmen with 6.9 tackles per game last season.

The College’s senior place kicker Brian Pate was recently named to the College Sporting News All-American Team as an honorable mention.



JACK HOHMAN — THE FLAT HAT



JACK HOHMAN — THE FLAT HAT  
Sophomore running back Jonathon Grimes.

## College’s schedule at a glance

### Sept. 5 @ Virginia

The Cavaliers might be in disarray coming off a 5-7 season, but fans of both teams will no doubt be up for this in-state rivalry.

### Sept. 12 vs. CENTRAL CONNECTICUT STATE

The Blue Devils posted a strong 7-4 mark a year ago and were picked to finish third in the Northeastern Conference.

### Sept. 19 @ Norfolk State

Last year, the Tribe destroyed the Spartans 42-12 in a surprisingly easy home win.

### Sept. 26 vs. DELAWARE

The College ran over the Blue Hens 27-3 in Newark last year as Delaware finished the season with a rare losing record (3-8). Having reloaded behind Penn. State transfer quarterback Pat Devlin, expect the Blue Hens to be geared up for revenge.

### Oct. 3 @ Villanova

The Tribe fell behind 35-7 at halftime of this matchup in 2008 and couldn’t recover, losing 38-28.

### Oct. 10 @ Northeastern

The Huskies fell 38-17 at Zable last year as the College picked up a key late-season win. Head Coach Rocky Hager’s teams are always physical, and Northeastern will be a tough road game.

### Oct. 24 vs. JAMES MADISON

Last season, the College swept into Harrisonburg riding a five-game win streak and promptly fell back to earth, losing 48-28. JMU quarterback Rodney Landers, who racked up 357 total yards in that game, graduated, and expect the Tribe to fare better this year at home.

### Oct. 31 @ Rhode Island

The Rams managed one CAA win in 2008. Don’t expect them to do much better in 2009.

### Nov. 7 vs. TOWSON

Towson went 3-9 last year and lost to the Tribe 34-14. This will be a must-win for the College before finishing with two tough games.

### Nov. 14 vs. NEW HAMPSHIRE

In the 2008 game of the year, the Tribe won 38-34 on a D.J. MacAulay touchdown with 22 seconds to play.

### Nov. 22 @ Richmond

This game was a virtual play-in game for the playoffs in 2008, and this season might prove to be no different. If the Spiders and Tribe go at it again for a postseason berth, expect the atmosphere to be electric in downtown Richmond.

## Sound bytes

### Jonathan Grimes, So., tailback

“We’re not going to be settling for just staying close with everyone this year. I’m thinking ‘win every game’ and I’m hoping everybody else feels that way, too.”

### Zbig Kepa, offensive coordinator

“We have [Jonathan] Grimes, but in the running game, we have guys who have been productive in Courtland [Marriner] and [Terrence] Riggins. Those two guys could have a bust out year.”

### R.J. Archer, Sr., quarterback

“Ever since I’ve been here, we’ve always had good chemistry, but I think it’s as good this year as it’s ever been. Everyone gets along great. We’re all good friends.”

### Jimmye Laycock, head coach

“I think there are some guys who are on this team who have come up through the ranks who have had some tough times as well as some good times, and they understand what it takes to be successful. They’ve seen it, they’ve seen other guys do it, they’ve had a good example of it, and I think they’re ready to step forward and do it.”



# 2009 TRIBE FOOTBALL PREVIEW



ADRIAN TRACY,  
SENIOR,  
DEFENSIVE END

JONATHON GRIMES,  
SOPHOMORE,  
RUNNING BACK

R.J. ARCHER, SENIOR, QUARTERBACK

**WHAT'S INSIDE**  
Offensive and defensive breakdowns,  
scouting reports, schedule at-a-  
glance and conference outlook.

COURTESY PHOTOS — W&M SPORTS INFORMATION

By the numbers

397.5

yards per game

326.9

yards allowed per game

Tribe in the CAA in 2008

4th

in CAA South division posting  
a 5-3 conference record

7th

scoring defense allowing  
25.1 points per game

3rd

scoring offense notching 30.4  
points per game

11th

turnover margin with 11  
takeaways and 19 giveaways

3rd

total offense averaging  
395.2 yards a game

6th

team defense surrendering  
345.5 yards per game

## College prepared to challenge tougher than ever CAA South

By **MATT POMS**  
*Flat Hat Sports Editor*

The 2008 College of William and Mary football team was inches away from the FCS playoffs, its season ending after a dramatic 23-20 overtime defeat to the eventual national champion University of Richmond in the year's final game.

Entering the 2009 season, that squad returns 15 of 22 starters from a team that finished the season ranked no. 20 in the country. The Tribe saw nine All-CAA performers take the field for its 2009 spring game and that roster now includes five players tabbed as preseason All-Americans by the College Sporting News, the sixth most of any team in the country.

Accordingly, when the 2009 preseason polls were announced, the College had gained the respect of the college football media, placing from 11th to 16th nationally in most major rankings.

However, when the CAA coaches predicted the league's order of finish in late July, these factors were only good enough to earn the College a predicted fourth place finish.

Such is life in the brutal CAA South division.

Despite assembling some of the best talent in the FCS, Head Coach Jimmye Layock will have to contend with the likes of no. 1 Richmond, no. 3 Villanova University, no. 10 James Madison University and a resurgent University of Delaware program merely to survive his own division.

"You can pick anyone, anywhere; everyone's tough," Layock said. "Richmond returns most of their players, JMU's tough, Delaware has some good transfers and Villanova's a top team. They're all good, so we'd better be ready to play."

Defensive coordinator Bob Shoops agreed.

"You come out of the CAA South alive, and you have done something," he said. "For our level of football, it's similar to what the SEC is to the Division 1A level."

Of the Tribe's 11-game 2009 slate, four opponents are currently ranked in the top 10 nationally (CAA North foe, Univer-

sity New Hampshire is ranked eighth). Factoring in the season opening game against ACC-program University of Virginia and a Parent's Weekend contest against a very strong Delaware program, six of the College's 11 games will be contested against playoff-caliber opponents.

It's a challenge that the College is both prepared and excited for.

"It's real tough, but it's just motivation," senior safety David Caldwell said. "We all want to play against the highest level, and we feel like we're at the highest level in 1-AA. You couldn't ask for more."

If the competition isn't motivation enough, the Tribe has a Nov. 21 road matchup against Richmond to cap the season in a rematch of the dramatic 23-20 overtime loss which ended the College's 2008 campaign. The defeat knocked the Tribe out of lock playoff status, leaving the squad's fate to the FCS selection committee.

After that body left the Tribe out of the 16-team FCS postseason last year, the College has one clear goal for 2009.

"We took the national champions to overtime. We felt that if a couple balls bounced different ways, we could have won that game," Caldwell said. "But that's just football. We want to control our destiny this year. We don't want to be waiting on selection Sunday for the selection committee."

Quotable

Adrian Tracy, Sr., defensive end

"We're very talented. We return experience, we have leadership and those three components once mixed together can provide a potent team ... I don't feel like there is any team out there that is head and shoulders above us."